



HOW TO START 2026 THE RIGHT WAY

A Holiday Gift Guide from
ARNOLD'S PUMP CLUB

FROM ARNOLD

My friends, every year people wait until January 1st to change their lives. They make big promises, buy fancy planners, and swear that this will be the year they finally get healthy, strong, or focused.



But I want to give you something better than resolutions.
I want to give you momentum.

This gift guide is different.

These aren't toys or trinkets.

These are tools. The kind that helps you build a better future. You can give them to someone you love or keep them for yourself. Either way, each one is meant to be the first action, the little domino that leads to all the big changes.

Don't wait for the new year. Don't wait for permission. Pick one thing, take one step, and start 2026 already moving forward.

Let's begin.



Arnold Schwarzenegger

THE SUCCESS STARTER: PACK YOUR INTENTIONS

The first domino to becoming the person you want to be is simple: **prepare.**



People think success begins in the gym, but it actually starts the moment you pack your bag. When your shoes, clothes, water bottle, and notebook are already waiting for you, the excuses disappear. You don't bargain with yourself. You don't waste willpower. You simply go.

That's why we love KNKG. Their bags aren't just beautiful or durable (though they are). They're designed with the real rhythm of training in mind: pockets that actually make sense, compartments that remove friction, and enough structure to hold everything without feeling bulky. You don't dig around. You don't lose your chalk or your straps. It feels like someone who trains built the bag — because they did.

This is the perfect gift for anyone who wants to stop thinking about working out and start acting like someone who does. Give it to the friend who talks about getting back on track. Give it to yourself so your 2026 self doesn't have to fight the same battles.

Start the year packed and ready. The rest becomes easier.



20% off our favorite KNKG bags

IT'S TIME TO BET ON YOURSELF (AND GET PAID BACK TO BECOME HEALTHIER)

The Pump app isn't another fitness app.
But it has custom workouts and coaching
tips from Arnold.



It's not another nutrition app or calorie counter. But it helps you build meal plans, eat better, and stress less without every counting a calorie.

It's not a tutorial app. But it has hundreds of instructional videos and live weekly calls with some of the best coaches in the world.
It's not a habit app. But you'll be shown how to set your vision, build habits, and have a village supporting you every step of the way.

The Pump Club app is a one-stop shop and a system that works. A coach in your pocket. A community that lifts you up when life gets hard. Workouts you can actually follow. Nutrition guidance that removes confusion. Daily support so you never feel alone.

But the most exciting part is The Pump Club app is betting on you to succeed.

If you join for the year and complete the Foundation Program within six months, we'll automatically return 50% of your membership fee. Because we believe in you. Because we know that when people have structure and support, they follow through.

The app gives you daily wins, not giant expectations. It helps you build habits instead of chasing perfection. And instead of waiting for the new year to “finally do it,” you begin right now — with a coach, a plan, and a community cheering you on.

This is the perfect gift for the friend who needs accountability, or the gift you buy for your future self. One decision today can rewrite the next 365.



Start your year with a big bet on yourself that will keep paying off.



DON'T IGNORE YOUR NUTRITION GAPS. FILL THEM WITH CONVENIENCE.

The easiest way to hit your goals is to remove the friction that trips you up every day.



Most people don't fail because they're weak. They fail because they get busy, tired, distracted, or overwhelmed.

And when that happens, nutrition is the first thing to slip. You skip breakfast. You grab something quick. You miss your protein target. And slowly, progress stalls.

A simple protein shake solves that. It gives you a reliable meal anchor — breakfast, lunch, or snack — so you don't have to think, plan, or negotiate with yourself. Add creatine, and you're supporting strength, muscle, recovery, brain health, and long-term performance with one of the most proven supplements in the world.

Momentous is our go-to because the quality is unmatched. Clean ingredients. Third-party tested. Great taste. Zero nonsense.

This is the **“no excuses”** stack; the one that keeps you on track when life gets chaotic.

If you want to feel better, look better, and perform better, this is the daily ritual that prevents 2026 from turning into another year of **“almost.”**



Build consistency with the Performance Stack

Use the code **“PUMPClub”** for a special discount off any Momentous products.

THE ONE TOOL THAT GUARANTEES YOU'LL NEVER MISS A WORKOUT

If you want to guarantee you exercise,
remove every barrier except walking
out your front door.



Rucking is the simplest form of strength and cardio you can do. Strap on a weighted backpack, head outside, and walk. That's it. No gym. No schedule. No complicated program. Just movement, load, and the kind of effort that builds fitness without beating up your joints.

That's why we partnered with GORUCK to create the limited-edition Arnold's Pump Club GR1 — and why there are only 100 left.

It's not just a collector's item; it's a tool built to last a lifetime. Bomb-proof construction. Perfect weight distribution. An embroidered Arnold signature to remind you that your health is a commitment worth carrying.

Give it to the person who has tried everything and still struggles with consistency. Give it to someone who travels constantly. Give it to yourself if you want a workout you can do anytime, anywhere.

It's a fitness plan disguised as a backpack, and if you wear the weight, your health and body will be better for carrying the extra load.



Grab one of the last remaining APC rucks

Or try any of their rucking gear — and take 20% off* using either of the codes below:

US | **ARNOLDXMAS20** EU | **ARNOLDXMAS20EU**

*Discount is valid until January 7, 2026

**ENJOY THE
HOLIDAYS**

Arnold Schwarzenegger